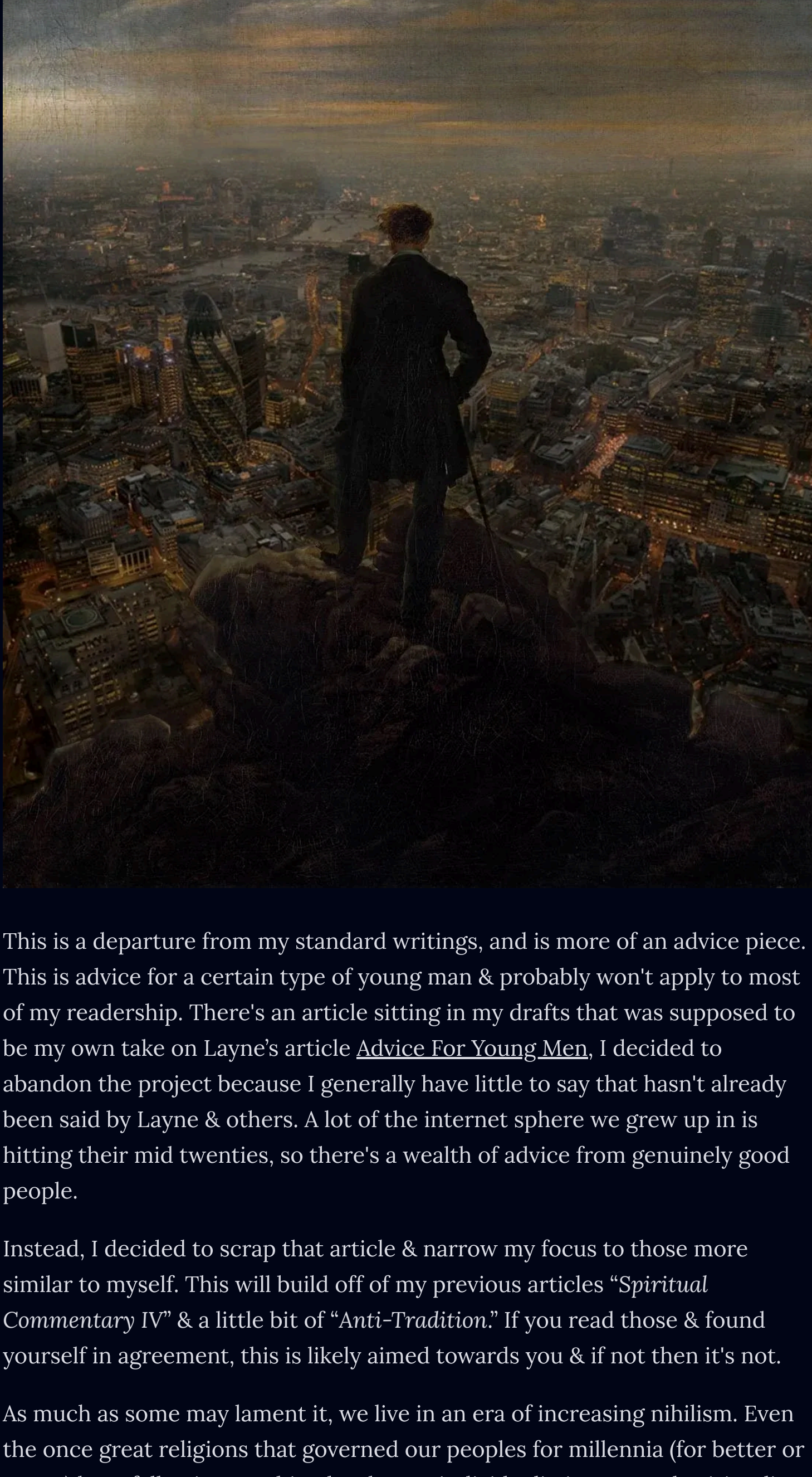


Advice for a meaningless life.

Der Einzige
SEP 23, 2024

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This is a departure from my standard writings, and is more of an advice piece. This is advice for a certain type of young man & probably won't apply to most of my readership. There's an article sitting in my drafts that was supposed to be my own take on Layne's article *Advice for Young Men*. I decided to abandon the project because I generally have little to say that hasn't already been said by Layne & others. A lot of the internet sphere we grew up in is hitting their mid twenties, so there's a wealth of advice from genuinely good people.

Instead, I decided to scrap that article & narrow my focus to those more similar to myself. This will build off of my previous articles "Spiritual Commentary IV" & a little bit of "Anti-Tradition." If you read those & found yourself in agreement, this is likely aimed towards you & if not then it's not.

As much as some may lament it, we live in an era of increasing nihilism. Even the once great religions that governed our peoples for millennia (for better or worse) have fallen into nothing but hyper-individualistic personal spirituality. This includes people who may nominally refer to themselves as Christian. The only major religious organizations that maintain some collective identity are American Evangelicals, limited to a few big ticket items, and oversized cults like Mormonism.

For the rest, the former modes of higher purpose & meaning are defanged & hold little relevance to society at large. I'd say most people, in my experience, are agnostic or deist in nature. They may not be well read enough to know these labels, but if you sit down & hear them explain their beliefs it becomes obvious. The clinging to older religious beliefs that you see online (such as the Nick Fuentes types) is mostly the product of midwits who are often behind the times. More educated/intelligent people will often be ahead of the times, while the true normies exist squarely in the present. This is why so many thinkers (including much of the writers in our sphere of Substack) tend to be more interested in relatively obscure philosophical or spiritual practices. Even the Christians on here that I respect tend to be much more rational about their beliefs than most of their spiritual kin.

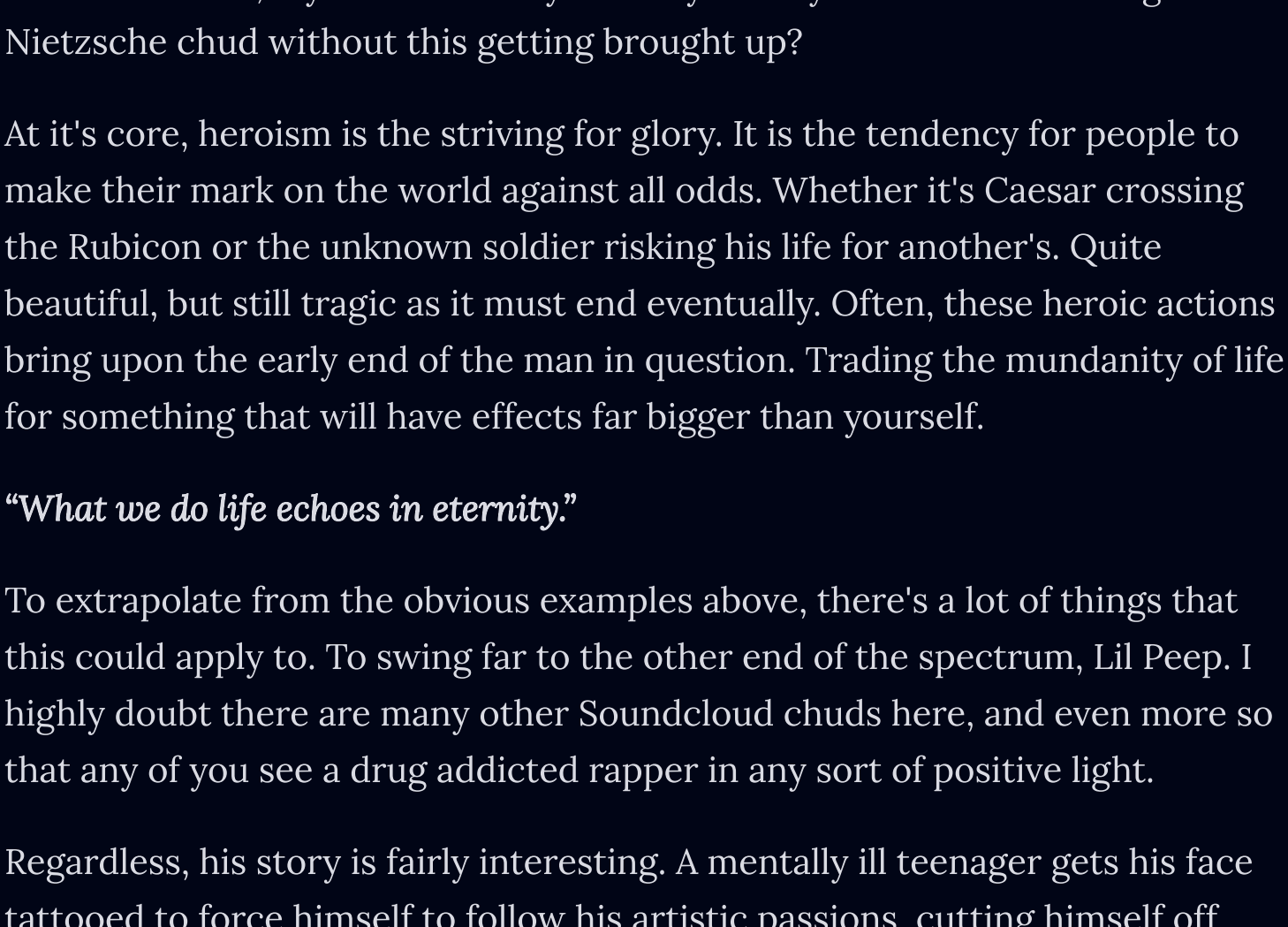
Regardless, we live in a transitory period at the end of meaning. I call it transitory because I follow Nietzsche's opinion that it probably won't last, but instead give way to an era where meaning isn't necessary. What he calls the great Noon tide & I often call the Existential Age. Unfortunately, human existence is painfully limited. It's like when you find a song you love but it's only like a minute & a half long. Further, the timeframe of your life that's even worth living is a fraction of that. Maybe a pessimistic outlook, but this is why the Greeks saw life as a tragedy.

The point being, you probably won't live to see the coming age. If you follow Plato or the Buddha, maybe your soul will, but that won't really be you as most traditions consider the self to be illusory & the soul transient. Thus, your only real option is to live or die.

As for suicide, probably not a good gamble. I generally don't judge those who commit suicide too harshly as I do understand it, far too well in fact. That being said, it's not a great choice, logically speaking. You're making the chance of having a life worth living drop to zero. It's simply not a very rational decision, especially if you haven't experienced much of life yet. It's like getting lost at sea & deciding to scuttle the ship instead of just seeing where you end up.

"A happy life is impossible, the highest thing that man can aspire to is a heroic life; such as a man lives, who is always fighting against unequal odds for the good of others; and wins in the end without any thanks. After the battle is over, he stands like the Prince in the re corvo of Gozzi, with dignity and nobility in his eyes, but turned to stone. His memory remains, and will be revered as a hero's; his will, that has been mortified all his life by toiling and struggling, by evil payment and ingratitude, is absorbed into Nirvana."

-Schopenhauer



girl break!!

Oh heroic ideal, my beloved. Did you really think you'd read something from a Nietzsche chud without this getting brought up?

At it's core, heroism is the striving for glory. It is the tendency for people to make their mark on the world against all odds. Whether it's Caesar crossing the Rubicon or the unknown soldier risking his life for another's. Quite beautiful, but still tragic as it must end eventually. Often, these heroic actions bring upon the early end of the man in question. Trading the mundanity of life for something that will have effects far bigger than yourself.

"What we do life echoes in eternity"

To extrapolate from the obvious examples above, there's a lot of things that this could apply to. To swing far to the other end of the spectrum, Lil Peep. I highly doubt there are many other Soundcloud chuds here, and even more so that any of you see a drug addicted rapper in any sort of positive light.

Regardless, his story is fairly interesting. A mentally ill teenager gets his face tattooed to force himself to follow his artistic passions, cutting himself off from more conventional options in life. Over the course of a few years he quickly becomes a generational icon & leads a massively influential era of music. In the end, the same things that drove him to success were his downfall & he dies of an overdose at the age of 21 - & yet, his memory & influence live on today. Despite any criticisms of his character, he lived a quite tragic & poetically beautiful life. Life Is Beautiful is great song of his.

Now that we've established a spectrum of heroism between Julius Caesar & uhhh Lil Peep, I'll leave it to you to find out where you stand in between them.

Next, I'd like to touch on what Nietzsche calls "Western Buddhism," generally in relation to the philosophical pessimism of the Schopenhauer camp.

I think this sort of life denying nihilism is purely a consequence of false beliefs falling apart, caused by the state of consciousness man currently inhabits. I doubt the more animalistic prehumans cared much about 'meaning' beyond their innate biological drives. I also doubt that the next step of humanity, Nietzsche's *Übermensch*, will care much either. This is simply an issue of being stuck between animalistic reasonless & more pure reason of the coming age.

Regardless, fate has decided that we inhabit this age in these bodies, thus we must make the best of it rather than lament our fate.

I think it's better to approach Buddhism, whether you come at it from spiritual or secular mindset, as more a philosophical school rather than a religion. In my opinion, it's more akin to Epicureanism or the Stoics than it is to Christianity or Islam.

Regardless, the practical applications of Buddhism is quite useful. There's a reason it became so popular during the original New Age era.

Let's look at the 4 Noble Truths, through a more secular perspective but this may apply well to any spiritual readers. Taken from Wikipedia because I'm lazy.

- dukkha** (not being at ease, 'suffering', from *dush-stha*, standing unstable). Dukkha is an innate characteristic of transient existence, nothing is forever, this is painful;
- samudaya** (origin, arising, combination; 'cause'), together with this transient world and its pain, there is also thirst, craving for and attachment to this transient, unsatisfactory existence;
- niradha** (cessation, ending, confinement), the attachment to this transient world and its pain can be severed or contained by the confinement or letting go of this craving;
- marga** (road, path, way): the Noble Eightfold Path is the path leading to the confinement of this desire and attachment, and the release from *dukkha*.

The fat man's most important teaching is that existence is transitory, and that clinging to transient things breeds resentment & unease. I brought it up repeatedly in past articles, because this teaching had a profound effect on my personal health, whether you take it as purely psychological or spiritual. I don't think that this teaching is particularly controversial to anyone, but it is often hard to put into practice. It takes effort, but is worth it. Some would criticize this behavior as being too dull, and removing joy from life. This is usually directed towards strict Stoicism, which is quite similar. I don't necessarily agree with that. You can, and should, feel your emotions in the fullest. But holding on too tightly to the good times will just bring disappointment because they always end. Conversely, getting too caught up in the bad times just breeds resentment as you forget that this too will end.

To look at the bigger picture, this applies to life itself as well. Whether you believe in some afterlife or not, life is inherently transient & all spiritual traditions admit this. Don't cling to it too hard, just appreciate it as it comes. Death anxiety is a waste of effort & accomplishes nothing except disturb your inner peace.

Further, desire is illusory. You may think you want something, you probably don't. When I was first getting into fitness, I used cheat days while I was cutting. Eating about 1000 calories a day then pigging out once a week. I quickly realized that my cheat days didn't really bring me any joy. I didn't feel any better afterwards. The desire for fat fuck food was illusory. The time I was spending at the gym wasn't put to better use by laying in bed. Et cetera. You don't need 99% of what you think you do, and in a vacuum without the infection of other's opinions or society at large you wouldn't even think about that stuff. Let go.

Moving on, life experiences. I am of the opinion you should life to the fullest, whenever possible, good or bad. This is a common notion but most don't actually follow it. Reason is often a bitch, & your instincts & natural inclinations are often more important than most give them credit for. Emotion is not subservient to reason, they simply compliment each other to make up the whole of the human experience.

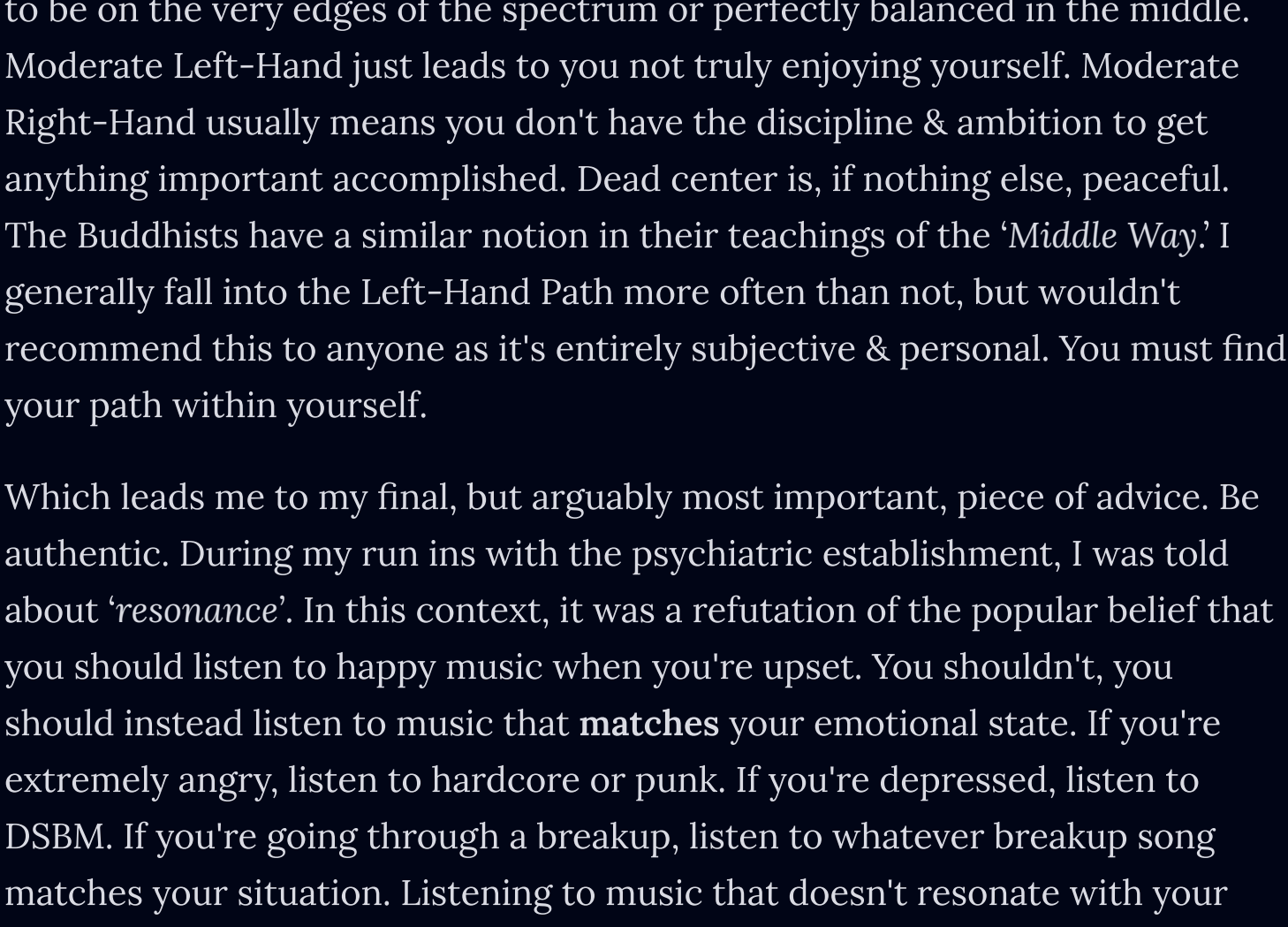
That being said, I don't recommend this for everyone, I'll put it into a dichotomy:

- Left-Hand Path/Dionysian** - Live in the moment based on impulse. This often includes behaviors that may be seen as degenerate or harmful, so be it. Follow your heart & live a truly authentic existence. The name of the game here is experience, regardless of whether you care to ascribe labels of good or bad to it. Emotions over reason.



girl break - artistic rendition

- Right-Hand Path/Apollonian** - Live for a purpose, and give yourself fully to it. Politics, career, family, whatever. Bring order to chaos & live your life in a way that affects the world long after your death. The name of the game here is utility, find a purpose & do everything in order to achieve it. Reason over emotions.



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Obviously, this isn't truly a dichotomy so much as a spectrum. I think it's best to be on the very edges of the spectrum or perfectly balanced in the middle. Moderate Left-Hand just leads to you not truly enjoying yourself. Moderate Right-Hand usually means you don't have the discipline & ambition to get anything important accomplished. Dead center is, if nothing else, peaceful. The Buddhists have a similar notion in their teachings of the 'Middle Way.' I generally fall into the Left-Hand Path more often than not, but wouldn't recommend this to anyone as it's entirely subjective & personal. You must find your path within yourself.

Which leads me to my final, but arguably most important, piece of advice. Be authentic. During my run ins with the psychiatric establishment, I was told about 'resonance'. In this context, it was a refutation of the popular belief that you 'should listen' to happy music when you're upset. You shouldn't, you should instead listen to music that *matches* your emotional state. If you're extremely angry, listen to hardcore or punk. If you're depressed, listen to DBM. If you're going through a breakup, listen to whatever breakup song matches your situation. Listening to music that doesn't resonate with your emotional state leads to dissonance & frustration, making things worse. It's a quite novel idea, and it's proven true in my experience.

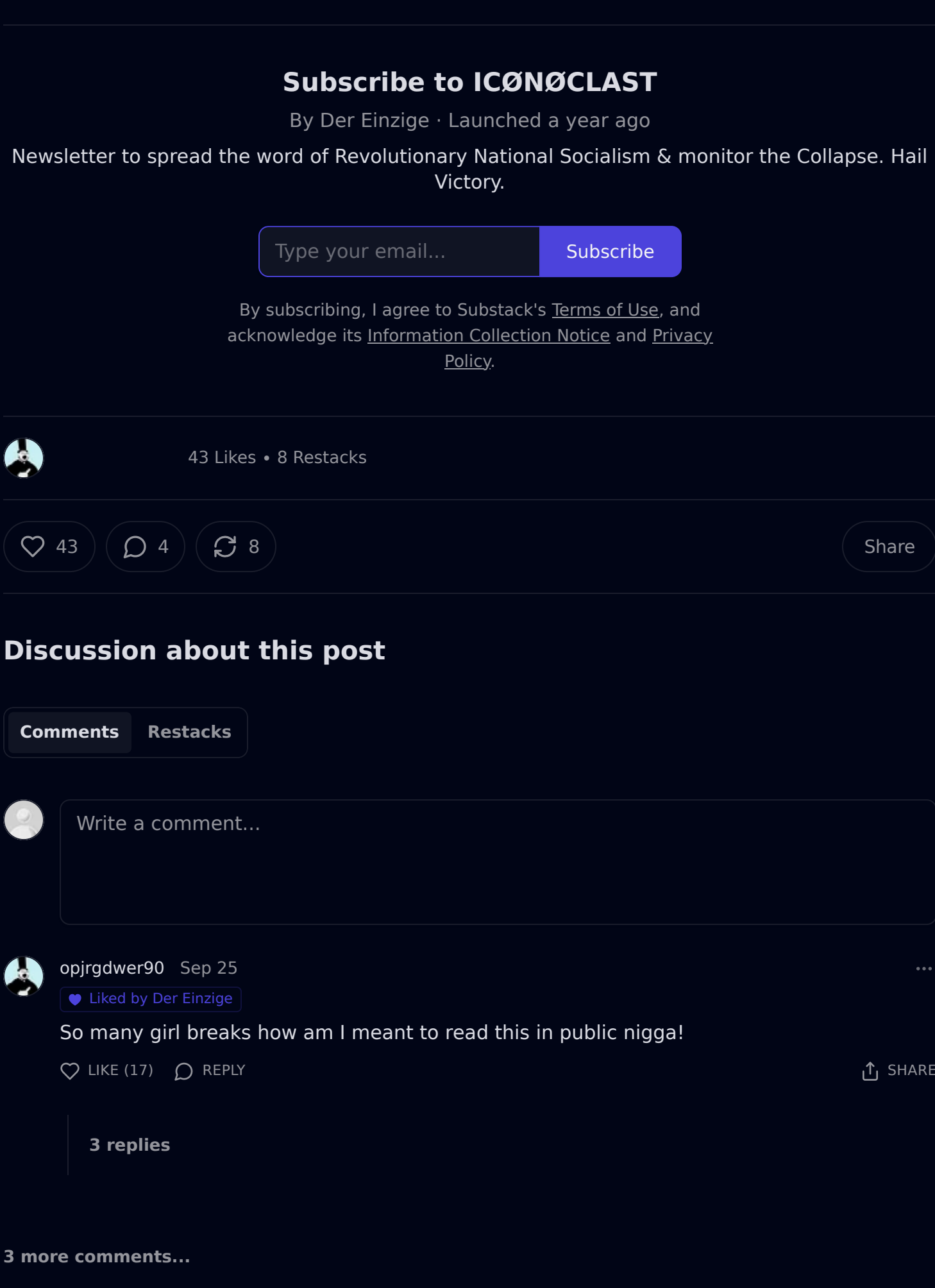
You probably already know I'm about to extrapolate that to life in general. Make sure whatever you're doing is authentic & emblematic of you. If you're forced into working a job you hate in order to fund the stuff you actually care about, don't stress about it & waste mental energy lamenting it. Just do what you must & think of it as a part of your true passion, the unfun part that you need to do but probably don't want to do. Authenticity, above all, will let you avoid dissonance & frustration, bringing you peace.

Above all, just let go man. It's not worth it unless you have the means to control it. Sometimes, it's best to just "kill the headlights & put it neutral." Don't fall too hard into this mindset to the point of trying to separate yourself from the world entirely, but don't internalize everything either.

Just let go.

Thus Spoke Hexenkartorhek...

Hail Victory.



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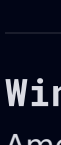
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